

BROWN RICE TUNA SUSHI ROLL

Makes 2 rolls

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INGREDIENTS

Brown rice	150g
Sushi vinegar	80ml
Canned tuna in water	90g
Nori (seaweed) sheets	2

NUTRITION INFORMATION per serving

Energy	365 kcal
Protein	30g
Carbohydrate	52g
Total Fat	4g
Saturated Fat	1g
Dietary fibre	2g
Sugars	0.5g
Sodium	82mg
Carbohydrate exchange:	3.5 exchanges

METHOD OF PREPARATION

Brown Sushi Rice

1. Cook brown rice in a rice cooker with a rice to water ratio of 2:3.
2. To make sushi rice, the cooked brown rice needs to be mixed with sushi vinegar, which is Japanese rice vinegar mixed with salt and sugar.
3. Mix 80ml of sushi vinegar (or about 12% of the total cooked rice weight) with the cooked brown rice. For best results, use a wooden sushi bowl (sushi oke) to mix and cool the cooked brown rice.
4. To get the best flavour, the vinegar needs to be folded into the rice while it is still warm.

Sushi Rolls

1. To make sushi rolls, lay a nori sheet on the mat, shiny-side faced down.
2. Pat out some rice on the nori sheet.
3. Dip your hands in the sushi vinegar, then pat handfuls of rice on top in a 1 cm thick layer.
4. Add the tuna filling on top of the rice.
5. Use the mat to roll up the rice with tuna filling into a nice sushi roll.
6. Cut up the sushi roll into shorter rolls of desired size.

